

JOURNEYS INTO
WELLBEING AND SERENITY.



ANANTARA
SPA



A SERENE GARDEN SPA, EMBRACED BY ANDAMAN COASTAL BEAUTY.

Rooted in Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins, and our luxurious spa brings this philosophy to life through time honoured treatments and heartfelt service.

Escape into a garden spa of lotus pond beauty and Thai inspired luxury, where exotic aromas soothe the senses. Put your beauty and wellness needs in the caring hands of highly skilled therapists, who personalise each journey. Discover the true meaning of relaxation with an extensive menu of wellness traditions that have been handed down through the generations in Thailand, China and India, complemented by a selection of results driven western therapies.

AT ANANTARA SPA, THE GREATEST JOURNEYS ARE FELT, NOT TOLD.

Opening hours: 10.00 am – 10.00 pm

SIGNATURE EXPERIENCES

Drawing on Anantara Spa's world class expertise, the finest indigenous wellness traditions and unique holistic therapies, our collection of highly specialist rituals blend luxurious pampering with powerful, long lasting benefits for body, mind and soul.

ANANTARA SIGNATURE MASSAGE (90 Minutes)

Combining revered eastern and western techniques in purpose designed movements with our signature oil blend, this massage stimulates the circulation and deeply relaxes muscles. Meanwhile, reflexology clears blockages of energy and promotes overall wellbeing.



SEA SHELL AND HERBAL THERAPY

(90 Minutes)

Take a relaxing breath as you tune into the sound and energy of the sea from a shell held close to your ear. Unwind with gentle warm hand strokes and acupressure to coax deep relaxation. Heated sea shells enhance your experience to release aches and pains while calcium ions help firm and regenerate your skin. A heated herbal compress improves circulation, soothes muscle tension and joint stiffness, offering a wealth of remedial benefits. Emerge feeling a serene sense of calm and grounding.

BAMBOO MASSAGE

(90 Minutes)

Discover deep relaxation through China's ancient healing wisdom. Using aromatic oil and a set of warmed bamboo sticks in various sizes, this distinctive massage incorporates stroking and rolling techniques to release muscular knots and tension, reduce toxin accumulation and fluid retention, while encouraging healthy circulation.

BESPOKE SPA EXPERIENCE

(90 Minutes)

Indulge in an exclusive spa journey, designed to suit your needs and mood. Highlight the areas you wish to focus on, or the benefits you'd like to receive. Then let us tailor the perfect treatment package, including a choice of luxurious spa products.

LAYAN ORCHID SIGNATURE RITUAL

(120 Minutes)

Enjoy a private tea service as you soak in a milky bath laced with fresh purple royal orchids. Experience the remedial power of Thai herbs, and customise your massage with a choice of aromatic oil blends. Stress and anxiety are soothed away in a head massage, which also conditions hair and skin with warm coconut oil.

Floral Foot Ritual • Layan Orchid Bath • Thai Herbal Compress Massage • Head Massage with warm coconut oil • Refreshment

LAYAN BAMBOO RETREAT

(150 Minutes)

Relax into an ancient healing massage that uses aromatic oil and warmed bamboo sticks to stroke and roll away muscular knots and tension, reduce toxin accumulation and fluid retention, and enhance the circulation. Experience how cutting-edge technology delivers super lifting and smoothing results for a youthful looking complexion.

Shower • Floral Foot Ritual • Bamboo Massage • ELEMIS Pro-Definition Lift and Contour • Refreshment

SPA JOURNEYS

Escape the limits of space and time with these carefully crafted journeys. Indulge in unique destination-inspired therapies and exclusive rituals, all created with your supreme wellbeing in mind.

JOURNEY OF SIAM

(150 Minutes)

Immerse yourself in Thailand's exotic beauty and wellness culture. A coconut mint scrub polishes, moisturises and softens skin, while enlivening the senses. Energy flow is enhanced by the skilled acupressure techniques of traditional Thai massage. A luxurious facial nourishes and hydrates skin to create a dewy, vibrant complexion.

Floral Foot Ritual • Essence White Coconut Mint Scrub • Traditional Thai Massage • ELEMIS Sensitive Skin Soother • Refreshment

ROMANTIC RENDEZ-VOUS FOR TWO

(190 Minutes)

Embark on a sensual journey, for just the two of you. A scrub of mineral rich salts and hibiscus cleanses and exfoliates, while exotic Tahitian Monoi oil and frangipani flowers seal in moisture. Enjoy a private tea service as you soak in a milky bath. Feel how our Stress Release Massage uses strokes and acupressure techniques, with the signature aromatherapy oil of your choice, to coax your entire being into deep relaxation. To conclude this romantic retreat, a cutting edge facial uses plant actives to lift and firm the complexion.

Floral Foot Ritual • ELEMIS Intensely Cleansing Salt Scrub - Frangipani • Anantara Milky Bath • Stress Release Massage • ELEMIS Pro-Definition Lift and Contour • Refreshment

LAYAN DETOX DELIGHT

(150 minutes)

Feel revived by this cleansing and calming journey. Inhale the healing properties of Thai herbs in a relaxing steam. The therapeutic properties of green tea detox the body and refresh the mind. To conclude, a light effleurage massage uses specially formulated slimming oils to fight the accumulation of cellulite and water retention, while lymphatic drainage technique helps the body to eliminate toxins.

Floral Foot Ritual • Thai Herbal Steam • Detoxifying Green Tea Scrub • Aromatic Detoxifying Massage • Refreshment

ELEMIS COUTURE TOUCH

(120 Minutes)

Condition your skin and muscles with this all-embracing experience. Combine any 1-hour ELEMIS hands-on TOUCH facial with your personalised ELEMIS Freestyle Deep Tissue Massage.

ELEMIS Freestyle Deep Tissue Massage • ELEMIS Face Touch • Refreshment

AFTER-SUN RETREAT

(120 Minutes)

Nurture a glowing, long lasting tan after time in the sun. Cool, soothe and replenish skin with a gentle application of fresh Aloe Vera and a poultice of cold black tea and mint to decrease redness. Let us pamper your complexion with a calming facial that boosts moisture and also plumps the skin for a flawless, even complexion.

Floral Foot Ritual • Aloe After-Sun Soother • ELEMIS Sensitive Skin Soother • Refreshment





IN-VILLA SLUMBER GURU EXPERIENCE (70 Minutes)

Taking the importance of a good night's rest to a whole new level, this evening ritual in your villa begins with a soak in a luxuriant essential oil bath surrounded by candles. Let go of all tension in a deeply relaxing massage using Ylang Ylang or lavender essential oil. Sip a soothing herbal tea or Italian Eraclea hot chocolate, served with homemade cookies. Unwind to your choice of tranquil music throughout the evening. Sweet dreams then await in a bed dressed in 1000 thread count Egyptian cotton and your personal pillow choice, which is sprayed with a calming mist, accompanied by a silk or cool gel filled eye mask and ear plugs, making drifting away to the land of nod a blissful pleasure.

- Aromatic Bath Ritual
- Relaxing Back, Neck, Shoulder & Foot Massage
- Refreshments
- Special Sleep Amenities



BALANCE WELLNESS

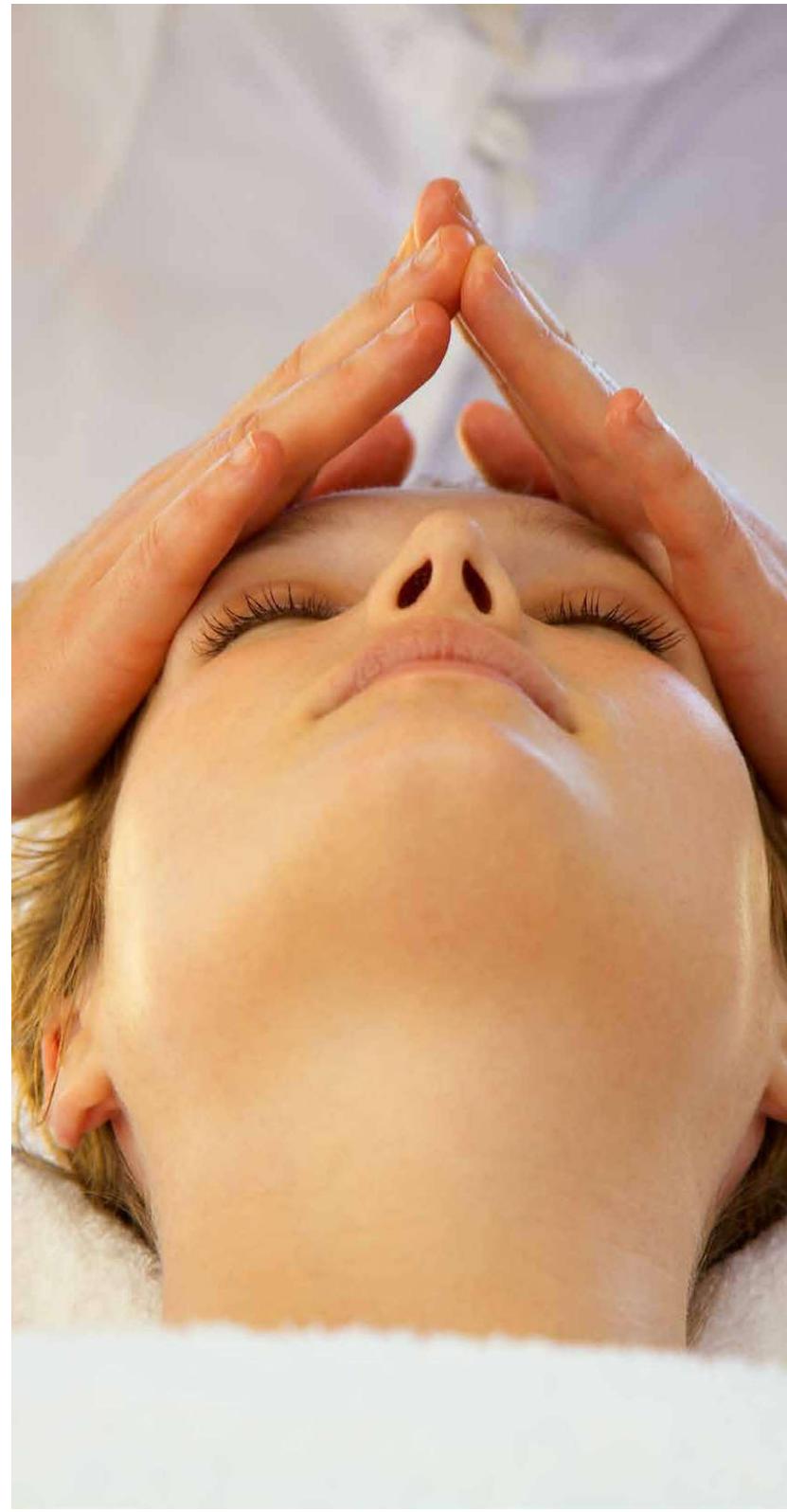
ANANTARA 3 - DAY REJUVENATION RETREAT (270 Minutes)

Discover new heights of relaxation and restoration with our expertly crafted Rejuvenation Retreat. Embrace purification with bath and face rituals. Feel your body open up and the stress of daily life melt away under the soothing techniques of our specialists. End your wellness journey enlightened and your body restored.

Day 1: Awakening
In-Room Bath Ritual
Rejuvenating Massage
Refreshment

Day 2: Holistic Wellbeing
Holistic Experience with Specialist
Detox Drink

Day 3: Rejuvenating
ELEMIS Personalised Facial Treatment
Foot Massage
Refreshment & Spa Gift





ANANTARA 5 - DAY WELL-BEING RETREAT

(480 Minutes)

Begin your path towards a balanced mind, body and soul with this holistic retreat. Unwind and forget about your worries under the healing hands of our therapists. Pamper yourself, bringing out your inner glow with beautifying rituals. Delicious and nutritious cuisine will leave you invigorated. Leave revitalised, renewed and completely harmonised.

Day 1: Awakening
Relaxing Bubble Bath
Anantara Signature Massage

Day 2: Holistic Wellbeing
Holistic Experience with Specialist
Refreshment

Day 3: Beautifying
Floral Foot Ritual
Anantara Body Scrub
Spa Manicure & Pedicure
Refreshment

Day 4: Cleansing
Healthy Spa Cuisine
Detox Drink

Day 5: Rejuvenating
ELEMIS Personalised Facial Treatment
Hair Conditioning Treatment
Refreshment & Spa Gift

MASSAGES

TRADITIONAL THAI MASSAGE

(90 Minutes)

Passed down through generations, this unique massage is known to many as 'passive yoga', as it offers the ultimate body workout. Let your expert therapist do all the work - while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

THAI HERBAL COMPRESS MASSAGE

(90 Minutes)

This age-old Thai treatment removes negative energy and sluggishness, soothes muscle tension and eases out stiffness. The healing session begins with the application of a warm herbal poultice containing therapeutic Thai herbs and spices, followed by a full body massage with carefully selected herbal oils.

STRESS RELEASE MASSAGE

(90 Minutes)

Using a combination of strokes and acupressure techniques, along with the signature aromatherapy oil blend of your choice, this gentle massage delivers waves of deep relaxation and pure pleasure.

ELEMIS FREESTYLE DEEP TISSUE MASSAGE

(90 Minutes)

our therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

ELEMIS PEACEFUL PREGNANCY MASSAGE

(75 Minutes)

Performed on a pear-shaped beanbag that moulds to every bump, mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

FOOT MASSAGE

(60 Minutes)

Experience holistic balance and deep relaxation. This fascinating treatment provides physical renewal with specific thumb, finger and hand techniques applied to various reflex points on the feet to effectively stimulate corresponding organ groups in the upper body.

BODY SCRUBS

ELEMIS INTENSELY CLEANSING SALT SCRUB – FRANGIPANI (30 Minutes)

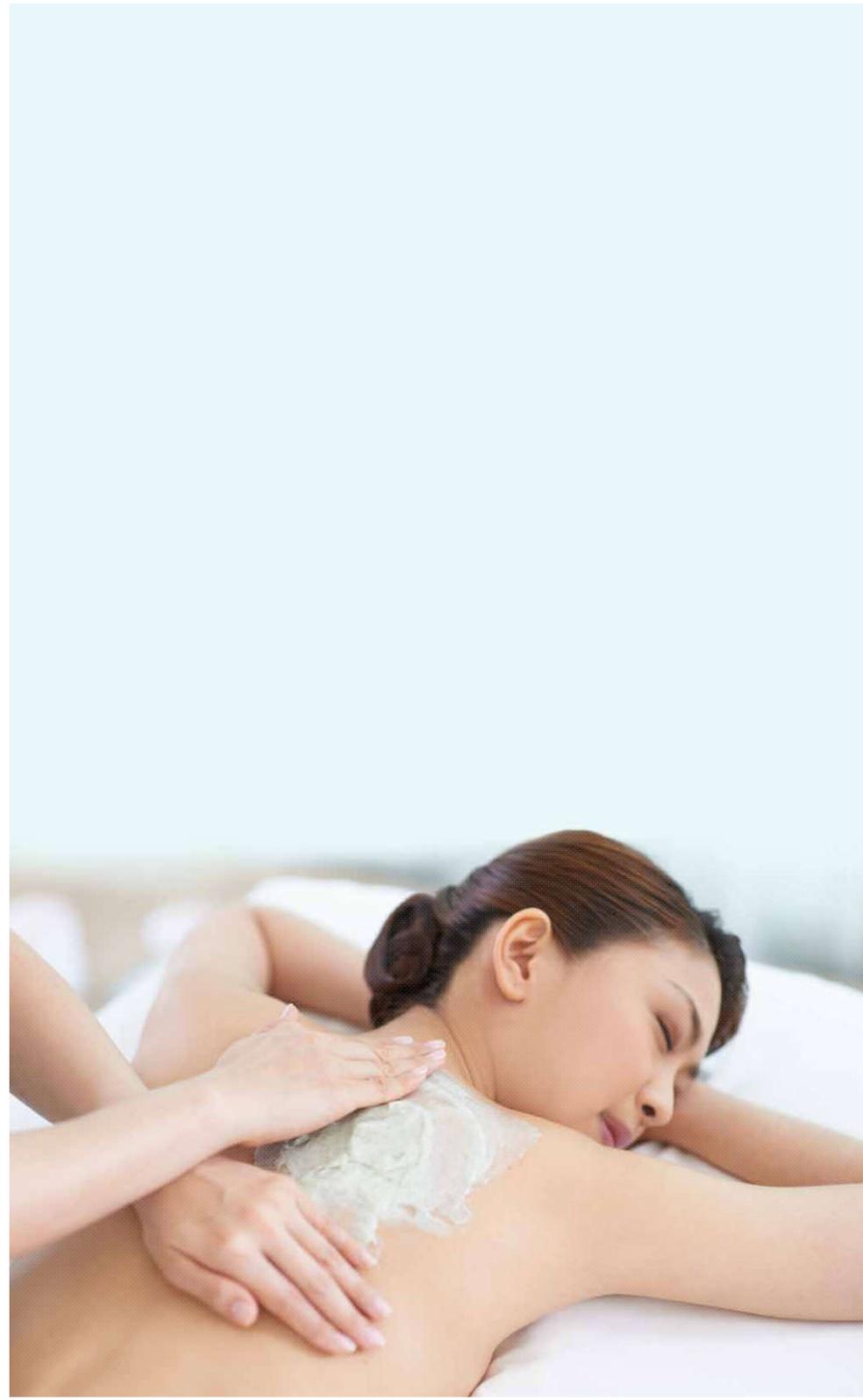
Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

ESSENCE WHITE COCONUT MINT SCRUB (60 Minutes)

Healing, refreshing and richly moisturising, this exotic scrub removes dead cells, strengthens new skin and awakens the senses. Skin feels silky smooth and glows with vitality.

DETOXIFYING GREEN TEA SCRUB (60 Minutes)

Cleanse and polish your body with nature's purifying goodness. The therapeutic properties of green tea nurture beautiful healthy skin, and a refreshing aroma clears the mind.





BODY WRAPS

ELEMIS BODY NECTAR NOURISHING WRAP – FRANGIPANI (60 Minutes)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work.

ELEMIS TARGETED TONING TIGHTENER (90 Minutes)

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and backs of arms. Aim to reduce the appearance of cellulite after just one treatment.

ALOE AFTER-SUN SOOTHER WRAP (60 Minutes)

Pamper sun-kissed skin with a cooling application of fresh Aloe Vera gel and a poultice of cold black tea and mint to decrease redness and pain.

FACE: TOUCH

TOUCH: ANTI-AGEING

ELEMIS PRO-COLLAGEN AGE DEFY (60 Minutes)

Tackle fine lines and wrinkles with the age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

ELEMIS PRO-DEFINITION LIFT AND CONTOUR (60 Minutes)

Powered by breakthrough technology, this facial helps restore the architecture of the face using the potent nutrients in plant actives found to help support the extra-cellular matrix. Creates a profoundly sculpted, youthful effect.

TOUCH: SKIN SOLUTIONS

ELEMIS SENSITIVE SKIN SOOTHER (60 Minutes)

Fragile skin needs special attention. A soothing massage technique helps reduce the appearance of redness and protect against daily stresses. Texture and moisture levels are dramatically restored. Skin is left supremely soothed, comfortable and calm.

ELEMIS SUPERFOOD PRO-RADIANCE (60 Minutes)

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Leaving skin plumper, radiant and lit up with good health



LUXURY BATH RITUALS

Our luxuriant baths offer the perfect prelude to any spa treatment. If you would like to enjoy one of these rituals in the privacy of your room, suite or villa, please allow 30 minutes for preparation.

CHILL OUT - FOR GENTLEMEN

(30 Minutes)

The art of relaxation has an elegant masculine scent. Soak in a bath infused with rose, chamomile, cedarwood and sandalwood essential oils. Take your time as you savour a glass of Johnnie Walker Gold Label, served with a sumptuous nibble.

SENSUOUS - FOR LADIES

(30 Minutes)

Enhance your powers of attraction with a luxuriant bath ritual that leaves skin delicately fragranced. Warm water is infused with rose, neroli and lavender essential oils, and laced with delicate petals. Adding extra indulgence, a Mai Tai cocktail is served with fresh mozzarella ball and cherry tomato skewers for your enjoyment.

DETOX - TO FRESHEN UP

(30 Minutes)

Experience the perfect after-party cure, or a revitalising pick-me-up anytime. Step into a milky bath laced with eucalyptus, lemongrass, tea tree and lavender essential oils. A pot of Japanese green tea, as well as assorted sushi and sashimi, is served tub-side, for a refreshing eastern treat.

BUBBLES - FOR THE YOUNG OR YOUNG AT HEART

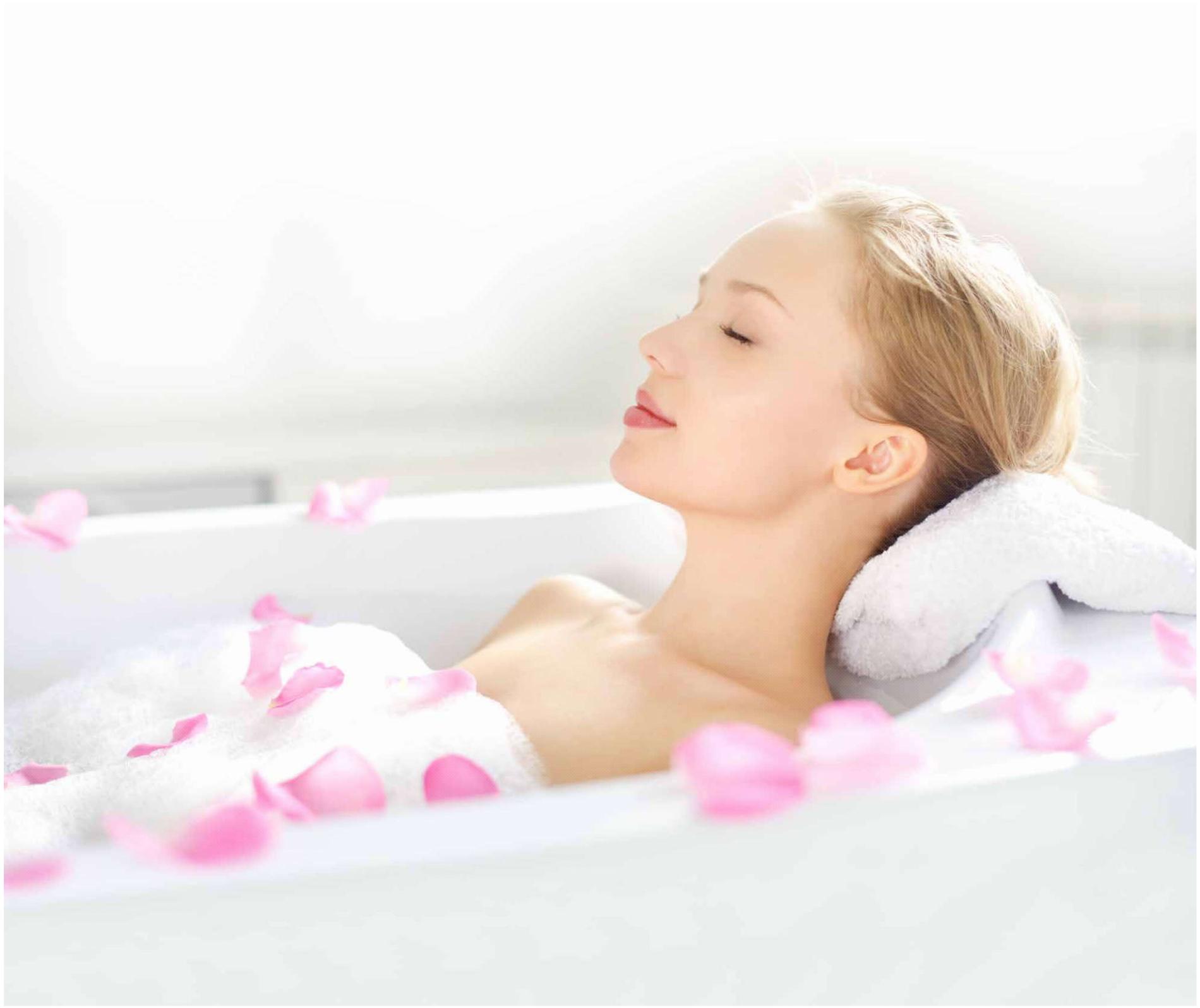
(30 Minutes)

Anantara's secret recipe offers fun in the tub just for kids. Bubbles and toys to play with keep little ones happily entertained, while they soak up the natural goodness of lavender oil and aloe vera gel. A strawberry float with fresh fruit and marshmallow chocolate fondue makes bath time a delicious treat.

IN LOVE - FOR HONEYMOONERS

(30 Minutes)

Perfect for romance, this couple's bath ritual comes with a sweet taste of sensuality. Relax together in a candlelit floral bath, infused with our signature aromatherapy oils. Relish intimacy with two glasses of sparkling wine, strawberries dipped in chocolate, assorted truffles and chocolates, for extra decadence.



HAND & FOOT CARE

Spa Manicure (60 Minutes)
Spa Pedicure (60 Minutes)
Paint Change (45 Minutes)
Spa Manicure with OPI Gelcolor (75 Minutes)
Spa Pedicure with OPI Gelcolor (75 Minutes)
Paint Change with OPI Gelcolor (45 Minutes)
Gentlemen's Manicure (45 Minutes)
Gentlemen's Pedicure (45 Minutes)

WAXING

Full Arm (60 Minutes)
Half Arm (45 Minutes)
Underarm (45 Minutes)
Full Leg (60 Minutes)
Half Leg (45 Minutes)
Bikini Line (60 Minutes)
Brazilian (60 Minutes)
Hollywood (60 minutes)
Full Leg with Bikini (100 Minutes)

SALON SERVICE – PAUL MITCHELL HAIR CARE

Paul Mitchell products repair and strengthen hair structure by providing deep moisturising, smoothing, softening and shine benefits.

Hair Wash and Blow Dry (60 Minutes)
Woman's Hair Cut with Blow Dry (60 Minutes)
Men's Hair Cut with/without Blow Dry (60 Minutes)
Hair Conditioning Treatment (90 Minutes)



ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your health assessment form and take time to relax in our tranquil surroundings before your treatment.
- Please note that the spa is unsuitable for small children and babies, unless receiving treatment, as we try to ensure that all our guests benefit from the tranquil surroundings.
- We recommend that you leave all jewelry in your room before coming to the spa.
- All treatments will be charged to your room and will appear on your account at the time of check-out.
- Please give five hours' cancellation notice on individual treatments and 24 hours' notice on packages, otherwise 50% of the price may be charged to your account.
- We recommend that you do not sunbathe after any oil treatments.
- For men – please shave prior to all facial treatments to ensure that maximum results are achieved.
- Smoking and the use of mobile phones is not permitted in the spa.
- Arriving late will decrease the time of your treatment.
- Guests who have high blood pressure, heart conditions, allergies, who are pregnant or have any other medical complications are advised to consult a doctor before signing up for any treatments.
- Please notify our spa receptionists of any existing medical conditions.

Treatments are available from 10.00 am to 10.00 pm.
For reservations, please contact Anantara Spa at Ext. 541.